

Five Golden Rules for Communication



Eye to Eye

Get down on the child's level so you can see their face and they yours

Sit on the floor with your child or sit the child on your knee



10 Seconds



Wait 10 seconds, watching and listening to give the child a chance to take a turn

Count to ten slowly in your head

A or B

Offer choices as often as possible throughout the day. Show and name the alternatives

For example "Do you want apple or banana?"



Actions Speak Louder Than Words



Use actions, facial expressions and tone of voice to help children understand and make new words stand out

Mime having a drink from a cup to your child for "drink" whilst saying "you want a drink?"

Model and Extend

Whatever stage a child is at repeat what they do or say and add one word

For example, child points to car, you say "car", child says "car", you say "red car", child says "red car", you say "yes, big red car"

